

NEWS BRIEFS

Wing down day Monday

In recognition of the wing's performance during the recent PENCERE and Installation Excellence Award inspection, by order of the Wolf, Monday is declared a wing down day.

W-2 forms now available

Active duty personnel can now access and print their W-2 tax statements from the myPay Web site at https://mypay.dfas.mil.

Need to file taxes?

The wing tax center opens for business today in Bldg. 1104. The center offers free tax filing assistance for military members between 8 a.m. and 4 p.m., Monday through Friday. For appointments, call 782-4283 or 782-5746. Walk-ins are helped on a limited basis.

Big names visit Kunsan

The Oakland Raider's cheerleaders visit Kunsan at 7 p.m. Feb. 12 in the Loring Club. Wolf Pack family and friends are welcome to attend.

Country band Diamond Rio performs for Wolf Pack members beginning at 8 p.m. Feb. 16 in the Loring Club. The event is free and all are welcome to attend.

AFN change

Beginning at 12:01 a.m. Sunday, American Forces Network Prime Korea will merge with the AFN Prime Pacific channel for a better viewing experience. The change will also allow for a new channel. AFN Xtra. For more information, visit www.myafn.com.

KT3 needs officers!

The Kunsan Top-3 Association's meets at 4 p.m. Wednesday at the Loring Club. Enjoy a professional and cooperative atmosphere where enlisted personnel issues are identified and discussed. Open to all senior NCOs.



Col. Joan Cunningham, 72nd Air Base Wing commander and Air Force Installation Excellence Award team member, signs the 8th Logistics Readiness Squadron's Daewoo Monday after touring the unit's facility. Squadron members and distinguished guests sign the Daewoo to leave their mark on the unit and the base. Col. Cunningham toured the base with other IEA team members Monday and Tuesday.

IEA leaves with good impression of Wolf Pack; points out Kunsan's "high state of readiness"

By Airman 1st Class Stephen Collier Wolf Pack public affairs

The Air Force Installation Excellence Award inspection team left Kunsan Tuesday with a good impression of the people and the mission of the Wolf Pack, according to Maj. Gen. Mark Anderson, IEA team leader.

Gen. Anderson said his first impression of Kunsan was how well Airmen took care of one another.

"It's just remarkable how the installation is always in a wartime footing," Gen. Anderson admitted. "The way the Wolf Pack always keeps a high state of readiness is something noteworthy I'll take back with me."

The general, together with five other members of the team, traveled to 26 sites around Kunsan. During their two-day visit, the team saw first-hand each mission the Wolf

The Wolf Pack is competing against Cannon AFB, N.M., and Ramstein AB, Germany, to be named the number one base in the Air Force. This distinction would award the winner an additional \$500,000 to help continue fund programs to improve quality of life.

To date, Kunsan has already earned \$500,000 during an earlier round of the award selection process.

"The IEA is based upon two things excellence and innovation. These are two overarching criteria," he said. "We got a chance to take a look at some areas around base as well as improvements or enhancement to productivity, quality of life and customer satisfaction. These things can lead you down the path to excellence and mission accomplishment."

Asked how Kunsan stacked up against Cannon, a base already inspected by the team, Gen. Anderson said the Wolf Pack was prepared to do anything, day or night.

"Given the proximity of the threat, it's a mission the Airmen here take very seriously," he said. "Folks at Cannon and Ramstein; I'm sure they are ready to do that. But with Kunsan, Airmen are ready to perform the base's key mission of Defending the Base, Accepting Follow-On Forces and Taking the Fight North any time." Col. Brian "Wolf" Bishop, 8th

Fighter Wing commander, said just being recognized for the IEA underscores how each member of the Wolf Pack is proud of what they do.

We do so many things, so well. So any Airmen are proud of what they do," the Wolf said. "This is an amazing recognition of all of our Airmen here and, with any luck, we will have the Air Force IEA right here at Kunsan.'

In this week's issue ...



"Thanks for your help Wolf Pack"

See Page 2



Ammo helps put the 'force" in Air Force

See Page 5



In the mood to walk? Take a tour!

See Page 8



Mostly sunny Tuesday

🖒 Hi/Low 39/23 Scattered showers

Sunday Hi/Low

31/20 Mostly cloudy

Wednesday 🚣 Hi/Low 32/23 Mostly sunny

Monday Hi/Low 39/25

A.M. clouds, P.M. sun Thursday

6-day Forecast

Hi/Low 34/23 Partly cloudy

2 FEBRUARY 3, 2006 WOLF PACK WARRIOR PERSPECTIVE

PACAF defines Air Force mission statement

By Gen. Paul Hester Pacific Air Forces commander

Our Air Force is continuing to transform to meet an increasingly complex and rapidly changing world. In doing so, we are examining everything from our aging aircraft to our basing and personnel structures in order to best posture ourselves for the 21st century

An important part of this process is retooling the Air Force mission statement — the concise definition of who we are and what

The new mission statement issued by the Secretary of the Air Force and the Air Force Chief of Staff states:

The mission of the United States Air Force is to deliver sovereign options for the defense of the United States of America and its global interests - to fly and fight in air, space and cyberspace.

On the surface, the new mission isn't very different from the old one. After all, since our earliest

days, the Air Force mission has been to fly, fight and win. That remains unchanged.

Our Air Force will continue to defend the U.S. and our territories, as well as our friends and allies, and we will fight as part of a joint force and with coalition partners. That part of our mission also remains unchanged.

There are, however, two new concepts in our mission statement that are worth explanation.

 $oldsymbol{F}$ irst, what is meant by "deliver $sovereign\ options?"$ In short, the nature of our service gives us the ability to strike, deliver, or observe anywhere on the planet at a moment's notice — regardless of the obstacles. This is what sets us apart from any other service and from any other nation on Earth.

Our task is to provide the combatant commanders, and ultimately the President, with a variety of options that are not limited by vast distances, time constraints or enemy defenses.

The options that our Air Force

provides range from humanitarian assistance to destroying targets both can be done anywhere on Earth — simultaneously. The bottom line is that our options must be decisive, wide-ranging and powerful enough to put the right capability in the right place at the right time in any environment

The second new concept in our mission statement is "Cvberspace." Computers, connectivity and the electromagnetic spectrum have emerged as integral components of today's world, particularly in the military operating environment. Thus, maintaining superiority in cyberspace has become an even more important component of our national defense.

As a case in point, the Pentagon recorded nearly 80,000 attempts to gain illegal access to its network in 2005. In both the public and private sectors, we've witnessed increasing levels of network attacks from all over the world. including assaults on everything from banking transactions to

power grids. In the Air Force, we will provide personnel and other resources to U.S. Strategic Command, which has the responsibility to integrate and coordinate cyber warfare, both offensive and defen-

In the end, this expansion into cyberspace will greatly increase the options available to the combatant commanders and the president, as there are instances where non-kinetic offensive and defensive options are more efficient and cause less collateral damage than kinetic ones.

In sum, the U.S. Air Force's mission statement has evolved to keep pace with a fast-paced world filled with a wide range of new challenges, but it does not change the core of who we are or what we

Our Air Force, made up of the world's greatest Airmen, will continue to fly, fight and win wherever and whenever we are called to duty. This will never change.

Wolf to the Pack: 'I am very proud of you!'

By Col. Brian Bishop 8th Éighter Wing commander

Wolf Pack, I am proud of you! Only here at Kunsan could we move through the peninsula's harshest winter on record (it made M.A.S.H." look like a shot in the Tropics), a taxing but exceptionally well-played exercise, and the most intensive installation inspection known to the USAF. Only you could have pulled it off!

We don't know how we fared on the Installation Excellence Award inspection. However, we do know that the team members were im-

From benchmark programs like those at the Sonlight Inn to the medical group's decontamination setup coupled with best practices, such as Iron Viper and the 8th Mission Support Squadron's "SWAT" team, the inspectors continued to be amazed at the warrior mindset of each and every Pack member.

Each of us knew we would never see the benefits of the entire \$1 million this win will bring the Pack in improvements for quality of life, but you all — and I emphasize all pitched in right on the tail of a maximum effort for the PENCERE.

To even get to this stage (one of the top three installations in the USAF) puts you "above the

"When you read "Kunsan wins installation excellence" in Air Force Times or on Air Force Link in May, you will know your efforts were recognized. If they happen to mistype the winner's name, we still won in my eyes."

> — Col. Brian Bishop 8th Fighter Wing commander

crowd." We are one of the top three. While I wish Cannon and Ramstein the best of luck in this playoff, that is their only shot — luck. We don't need luck, because we got "Wolf!"

The base looked fantastic! We didn't have to dazzle the inspectors with gizmos and PowerPoint slides.

We amazed them with you, the junior Airmen and soldiers as well as officers of the Air Force and Army, our US and Korean national

civilians, our Republic of Korea Air Force counterparts and our civilian community

In just 29 hours, we impressed upon the team our ability to quickly integrate a cohesive team into a lethal fighting pack ready to "Defend the Base ... Hooah!, Accept Follow-on Forces ... Bring it! and Take the Fight North ...

When you read "Kunsan wins installation excellence" in Air Force Times or on Air Force

Link in May, you will know your efforts were recognized. If they happen to mistype the winner's name, we still won in my eyes.

The inspection team did not take into account the snow nor the exercise. That's fine. We dealt with it ... business as usual ... and got the mission done!

In my heart, I know the Wolf Pack is the best. My thanks to every one of you, regardless of rank, AFSC or organization.

We showed the inspection team and the Air Force the true meaning of being a member of the Wolf Pack; We live each and every minute by the Wolf Pack Creed and always leave our mark!

This is why we have nine words to pass to both Cannon and Ramstein ... "May God have mercy on the Wolf Pack's prey."



Air Force photo

ACTION LINE

The Action Line is a direct line to me. When you call 782-2004, please leave your name, phone number and a brief description of the issue. You can also send an e-mail to 8 FW/CC Action Line.

Vol. 21, No. 4 February 3, 2006

1st Lt. Brooke Brander

782-7568.

Master Sgt. Brian Orban



Deputy, public affairs Superintendent, public affairs

'Defend the Base Accept Follow-on Forces Take the Fight North' EDITORIAL STAFF

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| not guarantee publication. The staff reserves the right to edit all |
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| WolfPack@ kunsan.af.mil and include the author's name, rank and duty |
| phone. Fax and typewritten submissions are also accepted. |
| HOW TO REACH US: People with questions, comments, suggestions |
| or submissions can contact the public affairs office at: 8th FW/PA, PSC 2, |
| Box 2090, APO AP 96264-2090. We can also be reached by phone at |
| |

782-4705, by e-mail at 8FW/PA, WolfPack@kunsan.af.mil, or by fax at

PHONE NUMBERS TO USE

| AAFES Customer Service | 782-4426 |
|----------------------------|----------|
| Area Defense Council | 782-4848 |
| Base Exchange | 782-4520 |
| Chapel | 782-4300 |
| CES Customer Service | 782-5318 |
| Commissary Manager | 782-4144 |
| Civ. Personnel Office | 782-4570 |
| Education Office | 782-5148 |
| Dining Hall | 782-5160 |
| Fitness Center | 782-4026 |
| Golf Course | 782-5435 |
| Housing Office | 782-4088 |
| nspector General | 782-4850 |
| DEA Office | 782-4020 |
| Law Enforcement Desk | 782-4944 |
| Legal Assistance | 782-4283 |
| Military Equal Opportunity | 782-4055 |
| Military Pay | 782-5574 |
| Military Personnel Flight | 782-5276 |
| Medical Patient Advocate | 782-4014 |
| Network Control Center | 782-2666 |
| OSI | 782-4522 |
| Public Affairs | 782-4705 |
| Sexual Assault Response | 782-7252 |
| | |

Telephone Repair ..

7th Air Force combines efforts in peninsula-wide exercise

PENCERE RECAP

By Staff Sgt. Andrea Knudson Osan Air Base public affairs

Seventh Air Force launched a peninsula-wide exercise Jan. 23 with a combination of forces from Osan, Kunsan and the Republic of Korea. Airmen stationed at the "Tip of the Spear" tackled new challenges as this month's exercise was the largest in recent history in Korea.

"Seventh Air Force headquarters, the 51st Fighter Wing and the 8th Fighter Wing have completely integrated into realistic exercise scenarios," said Lt. Gen. Garry Trexler, 7th AF commander. "It's imperative we exercise together, whether it's with the peninsula combat employment readiness exercises or those on a smaller scale because we will all bring the fight together."

The close coordination between the Wolf Pack and Mustang Stampede is essential to defend the Korean peninsula, said Col. Brian "Wolf" Bishop, 8th FW commander.

"Not only do our two units train together on a

regular basis, but PENCEREs allow us to continue that training in a realistic wartime scenario," Col. Bishop said. "This includes joint training with Osan's A-10s as well as our ... joint tactical-air controllers working with the Army."

Maj. Stephen Anderson, 51st FW chief of combat assessments, said this PENCERE scenario picked up where the last one left off in November. Two months ago, the peninsula moved from peacetime operations into a major conflict with North Korea. January's exercise focused on continuing the fight starting at day four of the war.

The PENCERE's focal point was increasing cooperation and coordination among the Korea Air Operations Center, Combined Air Staff, the 8th and 51st FWs and the Republic of Korea Air Force flying wings, said Lt. Col. Michael Laramee, 607th Air Operations Group, operations support division director.

"This was a unique opportunity for all of the forces the Commander of Air Component Command would lead in wartime to work together," Col. Laramee said.

Another significant PENCERE first was par-

ticipation by members from the 36th Airlift Squadron from Yokota Air Base, Japan, and the 18th Aeromedical Evacuation Squadron from Kadena AB in Okinawa. The two squadrons supported Osan's combat mission by performing air evacuation sorties in an effort to provide realistic training for 51st FW medical Airmen.

"The objective of the PENCERE is to prepare for combat operations, to run through procedures and test our processes," said Brig. Gen. Joseph Reynes, 51st FW commander. "To maintain our focus, we need to take a disciplined approach to be effective and more efficient. It's about professional training in a different and unique environment."

Professional training calls for a combined effort between both countries. This was the third PENCERE in which the ROKAF played a major role

"We recognized a requirement to improve the training and interaction between the ROKAF and USAF flyers," Maj. Anderson said. "We are close partners in the defense of the Republic of Korea, and we train as we fight – together."

At a glance ...

Air Staff Conversion Chart

A1 – Manpower and Personnel (DP/XPM)

A2 – Intelligence (IN)

A3, **A5** – Air, Space and Information, and Plans and Requirements (DO)

A4 – Logistics (LG)

A6 – Communications (SC)

A7 – Installation and Mission Support (CE, SV, SF, LGC)

A8, A9 – Strategic Plans and Programs and Analyses, Assessments and Lessons Learned (XP)

Note: staff functions previously reported to the command section still remain as: PA, HC, HO, FM, JA, SG, IG, RE, RG and POLAD.

PACAF/HQ begins 'A-Staff' conversion

By Maj. Bradley Jessmer Pacific Air Forces public affairs

Change is in the air for Pacific Air Forces headquarters which converts to a new command structure re-designating all headquarters offices by April 1

The current designations of two, three and four letters changes to a system consisting of the letter "A" followed by numbers given to each directorate.

This system, ranging from A1 to A9, will bring standardization throughout all Air Force commands.

"As you can imagine, many are involved in this process," said Maj. Eric Stubbs, PACAF wartime and organizations branch chief. "My role has been to facilitate the development of PACAF's proposed organization structure codes, which we submitted to Air Staff in December and continue to refine."

According to a memo dated Nov. 10, 2005, from Air Force Chief of Staff Gen. T. Michael Moseley, the plan is for all commands to initiate the A-Staff structure by Feb. 1 with full implementation by May 1.

The memo further states that, although there may be some variances between the commands and their unique missions, the intent is to standardize the A-Staff wherever possible and align all headquarters' staffs "horizontally and vertically."

This change affects all commands, warfighting headquarters and Air Staff as well.

"The Air Staff has been working to develop a consensus among the major commands and functionals in order to determine the final standard organization structure codes which will be used by all MAJCOMs," Maj. Stubbs said.

According to Maj. Stubbs, the Air Force used the term "aligning the phone books" to describe this process. "In the not too distant future, PACAF/A1MX will be able to contact Air Mobility Command/A1MX and know that they have reached their functional counterpart at AMC," he said. "These changes will improve our ability to develop doctrine and instructions, and streamline our ability to perform the mission."

Not only will this change help communication between the field and headquarters, but according to Ms. Janet Watkins, PACAF Manpower and Organization Division Chief, it will help with joint operations.

"The new structure will give us a better interoperability with other MAJCOMs as well as our joint services that are already using this type of system," Watkins said. She added that, even though this will bring a change to our structure, it will not affect manpower numbers at the headquarters.

Gather around the "water cooler"

By Capt. Jason Brooks 8th Communications Squadron

The Wolf Pack recently launched a new capability to allow Airmen a quicker way to solve problems and get answers right at their finger tips.

The Wolf Pack Water Cooler provides an informal and simple tool on the base intranet to help solve problems more quickly and efficiently.

"This collaboration tool is for every Wolf Pack member to use," Maj. Young-Kun Yu, 8th Communications Squadron commander said. "Go to the Wolf Pack Water Cooler, click on "add new discussion" and ask the question to the entire Wolf Pack."

The Water Cooler is intended to share ideas, information and have discussions with anyone across the base.

"The aim is crosstalk, more than creating new discussions, you should also check out what other people are saying," he said. "You may very well be the expert, so don't be shy. Click

on the link and hit the "post reply" button."

To get to the Wolf Pack Water Cooler, visit https://web.kunsan.af.mil/.

Wolf Pack members can also sign up for electronic "alerts," informing them that someone has replied to their discussion.

"The Water Cooler is an informal tool, so please remember to be respectful to others and their opinions at all times," Maj. Yu said. "You are still subject to law and the Uniformed Code of Military Justice."

Although the new communication tool is helpful in getting answers, Maj. Yu reiterated the Water Cooler does not replace official procedures.

"The Wolf Pack Water Cooler is a ground breaking effort you won't see at any other base," he said. "Take advantage. Go out to the Wolf Pack Water Cooler right now to see what folks are talking about!"

PRIDE OF THE PACK

Staff Sgt. Michael Wade

Unit: 8th Maintenance Squadron **Duties:** Aerospace ground equipment mechanic

Hometown: Valdosta, Ga.

Hobbies: Wood working and motorcycle riding

Follow on: Langley AFB, Va. Favorite music: Country

Last good movie: "Two for the Money" **Best thing you've done here:** "Made lasting friendships."



"Staff Sgt. Wade's mechanical expertise was proven second-tonone when he repaired five aerospace ground equipment units for a total of only \$1,000, saving over \$300,000 in unit replacement costs.

He worked extended hours to meticulously identify and label 134 pieces of shop equipment ensuring 100 percent accountability. He continued by taking over and directing the flight's Data Integrity Team where he identified and corrected 420 errors and trained flight personnel on proper Integrated Maintenance Data System entries, reducing errors by 90 percent.

He also help set-up and perform as narrator during the annual wing Labor Day event, raising over \$1,700 for local orphanages and hurricane relief."

Lt. Col. Matthew Cox

8th Maintenance Squadron commander

4 FEBRUARY 3, 2006 WOLF PACK WARRIOR FEATURE

A time for friendship 2006 Korean Lunar New Year



Photos by Airman 1st Class Stephen Collier

A Korean child launches a stick while playing the traditional "To-Hoe" game. During ceremonies, the game is played during receptions with



Staff Sgt. Chad Crutcher, 8th Maintenance Squadron, smashes a hackey sack-like toy while playing the traditional Korean game "Chegi." Chegi is thought to have been created in ancient China to help exercise one's feet prior to Kung-Fu practice. Dozens of Wolf Pack members, including U.S. Air Force and Republic of Korea Air Force Airmen, joined together to ring in the new year.



Col. Brian "Wolf" Bishop, 8th Fighter Wing commander, hands a Korean girl 1,000 won during the 2006 Korean Lunar New Year celebration. The Wolf and Col. Kim, Kwang Nam, 38th Fighter Group commander, handed out the bills as tokens of appreciation for bows given to celebrate the new year.

Giving the Pack it's "punch"

MXS's ammo responsible for one of AF's largest munitions stockpiles

By Airman 1st Class Stephen Collier Wolf Pack public affairs

It's not a job for the faint of heart.

In the high-paced, high-threat world of munitions, it's a job that takes brilliantly-skilled Airmen to flawlessly maintain and piece together weapons dangerous to them and their wingmen. That's why the men and women serving at the Wolf Pack's "bomb dump" are the best in the Air Force, according to Capt. Robert Meehan.

"Our mission is to provide world–class munitions support to the 8th Fighter Wing," the flight commander said. "We do this by receiving, storing, tracking, inspecting, assembling and delivering munitions to meet the mission needs of the Wolf Pack."

And receive and store they do. Estimates from the bomb dump value the amount of its sixmillion item inventory at more than \$1.2 billion, making it one of the largest munitions stockpile in the Air Force.

Officially called the munitions storage area, the bomb dump (the term of endearment used by its own Airmen) not only houses the "teeth" of the 35th and 80th Fighter Squadrons, but also the "bite" of the entire Pack.

"Of course, our most visible products are the bombs and missiles we deliver to the flightline everyday; but that's only part of what we do," Capt. Meehan said. "We handle explosives that meet every munitions need within the wing, including the egress items on the ejection seat systems of our fighters. Also, the bullets our cops use to Defend the Base and the C-4 and detonation cord explosives ordinance disposal used to destroy unexploded ordinance, to name a few. If there's something at Kunsan that contains explosives,



Senior Airman Tina Berrientez (right) and Airman 1st Class Christina Backus perform quality control on a live munitions.

we've touched it at some point during its lifecycle."

While the mission sounds impressive enough, the bomb dump has recently backed up its claims of customer satisfaction and mission effectiveness. Members of the bomb dump, Airmen and officer alike, banded together for longer hours to check and double check the base's entire stockpile of munitions. Their efforts, according to Capt. Meehan, paid off.

"We were inspected by two separate headquarters inspection teams, including the munitions activities standardization program, or MASP, and the maintenance standardization and evaluation program, or MSEP. While the names might sound similar, the focus of these teams was quite different."

The MASP team, according to the captain, inspected how the bomb dump maintained and accounted for its stockpile. The inspection team entered every storage building and igloo where they assessed the overall "health" of the Wolf Pack's stockpile. The

team also checked to see if the munitions were also properly packaged, marked and labeled.

Soon after, the MSEP team entered the bomb dump.

There, they inspected the wing's overall maintenance activities, from the crew chiefs on the flightline to the backshop maintenance of the bomb dump.

"We spent an enormous amount of time preparing for both of these visits, but our hard work paid off in the end. Between the two inspections, my flight had 11 outstanding performers – more than any other organization evaluated," he said. "The teams validated that our people are properly trained, the health of our stockpile is high and that we're ready to meet our wartime mission to Take the Fight North."

When it came down to the importance of the bomb dump, Capt. Meehan admitted his shop put the "force" in Air Force.

"Whether you're talking about the Air Force's ability to deliver firepower to any point on the globe or our ground force's

ability to repel the bad guys and defend the base. It all starts with us," he said.



Airman 1st Class Issac Portillo turns a wrench on a GBU-38 "baby" Joint Direct Attack Munition, or JDAM, GPS-guided bomb. It's the first of it's kind to be used at Kunsan.

Photos by Senior Airman Joshua DeMotts

Weapons maintained by the "bomb dump"



The AIM-9 Sidewinder is a supersonic, heat-seeking, air-to-air missile carried by fighter aircraft.



Guided Bomb Unit-12
The Guided Bomb Unit-12 uses a 2,000-pound general purpose warhead that used a laser designator to be guided to its target.



Guided Bomb Unit-10



The Guided Bomb Unit-10 uses a 2,000-pound general purpose warhead that used a laser designator to be guided to its target.



<u>AIM-120</u>

The AIM-120 is an all-weather, beyondvisual-range advanced medium-range air-to-air missile, or AMRAAM. It improves the aerial combat capabilities of U.S. and allied aircraft to meet the threat of enemy air-to-air weapons.



Joint Direct Attack Munition

The Joint Direct Attack Munition — or
JDAM — is a low-cost guidance kit that
converts existing unguided, free-fall
bombs into accurately guided "smart"
weapons.

6 WOLF PACK WARRIOR FEBRUARY 3, 2006 SPORTS/HEALTH



Photo by Airman 1st Class Stephen Collie

GUARDING A CHAMPIONSHIP

Power forward Sean Ballance (left), 8th Mission Support/Comptroller Squadron combined team, guards the ball from Red Devil defender Paul Ashley during the over-30 intramural basketball championship Jan. 20. The 8th MSS/CPTS team narrowly defeated the Red Devils 43-41 to end the season.

Heat or ice?

What to use on sports injuries

At a glance ...

jured body part

mize swelling

the hurt area.

Remember "RICE"

 I_{ce} – apply a cold pack

Rest – minimize movement of the in-

Compression – light pressure wrap

Elevation – raise the body part above

to the affected body part to help mini-

the heart so the pressure from the blood

and the swelling can begin to drain from

(Editor's note: Information for this column is compiled from members of the 8th Medical Group. These individuals are subject matter experts in their respective medical fields. For more on medical information, consult your primary care manager.)

By Staff Sgt. Steven Aronson and Capt. Justin Theiss 8th Medical Group

Should someone apply ice or heat to their injury? This is a question asked in the medical clinic almost daily. Es-

sentially, there are two classes of injuries: acute and chronic. An acute injury denotes a recent and intense trauma, while a chronic injury relates to a previous and frequently reoccurring less extreme injury.

The basic rule of thumb for care is ice for an acute injury and heat for a chronic one.

Applying a heating pad or enjoying a hot bath sounds good after spraining, twisting or wrenching a part of the body. However, there is one catch: the warmth of the heating pads or hot baths can actually prolong the pain and extend the recuperation period.

The swelling and much of the inflammation that follows an injury is largely due to the leakage of blood from ruptured capillaries. Heating

tissues causes the capillaries to widen or dilate. This dilation can cause an increase in the leakage of blood from the capillaries and add to the swelling and pain.

The blood that diffuses into the tissues will later lead to increased inflammation, ultimately slowing the healing process. Cold, on the other hand, causes blood vessels to con-

strict. This constriction prevents further leakage of blood, minimizing swelling and pain.

With acute injuries such as sprains, strains, contusions and abrasions, using ice is probably the fastest, safest and most effective therapy available.

The cold pack is the most common form used for administering ice on the knees and back. It should be applied with a thin towel between it and the skin to prevent frostbite.

Treatment should have a maximum duration of 20 to 25 minutes.

This is recommended to be done every one to two waking hours for the first 48 to 72 hours after an injury.

The best form of treatment for bony areas such as the ankle or elbow is with ice massage. Freeze water in a styrofoam or small paper cup. Then, peel the top away to leave enough of the cup bottom to hold onto.

Using small circular motions, apply the ice directly to the injured area for 12 to 15 minutes or until all of the ice is melted. This allows the injury to get the cold treatment needed for the early healing process while massaging and breaking up scar tissue that may be building up from the injury.

Remember, when an area of the body is injured, it may take 10 to 15 minutes before one notices any

swelling or it may appear instantly. The wisest thing to do when a muscle is "twisted" or "pulled" is to ice it immediately then get it wrapped or taped up.

"Walking it off" can lead to greater pain, swelling and increased recovery time, so do not hesitate to grab the bag of ice as soon as an injury occurs.

STANDINGS

As of Wednesday

INTRAMURAL BASKETBALL

MAKEUP GAMES

AMERICAN LEAGUE

| TEAM | W | L | | |
|----------------|----|---|--|--|
| 8 MXS | 10 | 0 | | |
| Defenders | 6 | 3 | | |
| 8 CES | 5 | 6 | | |
| 8 LRS Team One | 4 | 6 | | |
| 8 AMXS | 5 | 6 | | |
| 8 SVS/MSS | 4 | 5 | | |
| 8 OSS | 2 | 7 | | |
| Cold Steel | 3 | 6 | | |

<u>Jan. 18 game results</u> Defenders 41, 8 LRS Team One

8 CES 42, 8 OSS 47 8 AMXS 57, Cold Steel 59

Monday's game results 8 MXS 57, 8 LRS Team One 38 8 SVS/MSS 54, 8 OSS 48 Defenders 47, 8 CES 32

Tuesday's game results 8 LRS Team One 46, 8 AMXS 52 8 OSS 45, Cold Steel 53 8 MXS 65, 8 CES 48

Upcoming games Tuesday

6 p.m. — 8 OSS vs. Defenders 7 p.m. — 8 LRS Team One vs. 8 SVS/MSS 8 p.m. — Cold Steel vs. 8 MXS

Wednesday

6 p.m — Defenders vs. 8 AMXS 7 p.m. — 8 CES vs. 8 SVS/MSS 8 p.m. — 8 OSS vs. 8 MXS 9 p.m. — 8 LRS Team One vs. Cold Steel

NATIONAL LEAGUE

| TEAM | W | L | | |
|------------------|---|---|--|--|
| 8 CS | 9 | 1 | | |
| 8 LRS Team Three | 9 | 1 | | |
| Fire Dawgs | 5 | 6 | | |
| 35 FS | 4 | 6 | | |
| 8 MDG | 3 | 5 | | |
| Juvats | 3 | 6 | | |
| 8 LRS Team Two | 0 | 9 | | |

Jan. 12 game results Juvats 55, 8 LRS Team Two 33 Fire Dawgs 49, 8 CS 63 8 LRS Team Three 46, 8 MDG 42

Jan. 17 game results 35 FS 49. 8 CS 61

Fire Dawgs 48, 8 LRS Team Three 57

Jan. 19 game results

8 LRS Team Two vs. 8 MDG Forfeiture 35 FS 41, 8 LRS Team Three 49 Juvats 43, Fire Dawgs 30

<u>Upcoming games</u> Tuesday

9 p.m. — Juvats vs. 8 MDG

Sports/Fitness Briefs

Intramural Sports Intramural basketball championship game

To be determined

Special Events Saturday

Saturday Four on four walleyball tournament

Feb. 18 to Feb. 19 George Washington's birthday volleyball tournament

Feb. 25 Bench press competition

TODAY

Karaoke night — The Falcon Community Center's karaoke night runs from 9 p.m. to 3 a.m.

Awards ceremony — The Loring Club hosts the 8th Fighter Wing annual awards ceremony beginning at 7 p.m.

SATURDAY

Music request night — The Falcon Community Center's music request night runs from 8 p.m. to 2 a.m.

Live band — The Loring Club hosts a live concert performed by funk and soul INOBE beginning at 7 p.m.

SUNDAY

Open chess play — The Falcon Community Center open chess play begins at 7 p.m.

Bingo day — Bingo action starts at 2 p.m. at the Loring Club with the early bird game beginning at 1:45 p.m.

Sunday brunch — The Loring Club serves Sunday brunch from 10:30 a.m. to 1 p.m.

Dollar days — People can bowl for \$1 per game with 75-cent shoe rental at the Yellow Sea Bowling Center.

MONDAY

Pool tourney — The Loring Club's nine-ball pool tournament starts at 7 p.m.

Pizza special — The Loring Club serves 50-cent pizza slices from 6 to 8 p.m.

Yellow Sea Bowling Center — Bowl for 50 cents per game with 50-cent shoe rental from 11 a.m. to 11 p.m.

Football frenzy — The Loring Club's football frenzy begins at 7 p.m.



CHAPEL SERVICES

CATHOLIC SERVICES

Daily Mass — 11:30 a.m. Monday through Thursday

Weekend Mass — 9 a.m. and 8 p.m. Sundays Reconciliation — Weekdays by appointment, 4:30 p.m. Saturday, 8 a.m. Sunday

R.C.I.A. classes — 7 p.m. Wednesday, chapel conference room

PROTESTANT SERVICES

General worship — 11 a.m. Sunday Contemporary praise and worship — 6 p.m. Sunday

Gospel service — 1 p.m. Sunday Inspirational praise and worship service — 7:30 p.m. Friday

LATTER-DAY SAINTS SERVICES
Weekly service — 3:30 p.m. Sunday

CHURCH OF CHRIST SERVICES

Weekly service — 1:30 p.m. Sunday, Sonlight Inn

SONLIGHT INN HOURS

6 to 10 p.m. Tuesday through Thursday, 6 p.m. to midnight Friday, 4 p.m. to midnight Satur-

TUESDAY

Yellow Sea Bowling Center — Ladies bowl for free starting at 6:30 p.m.

Football frenzy — The Falcon Community Center sponsors football frenzy beginning at 9 p.m.

Dart tournament — The Loring Club hosts a dart tourney beginning at 7 p.m.

WEDNESDAY

Social time — The Loring Club's super social hour begins at 5:30 p.m.

Reunion briefing — The Airmen support center's return and reunion briefing starts at 3 p.m. in the Health and Wellness Center classroom at the Wolf Pack Fitness Center.

This mandatory briefing addresses challenges facing single and married military members preparing to return to their families.

Yellow Sea Bowling Center — Bowl for 75 cents per game.

Karaoke night — The Falcon Community Center's karaoke night runs from 8 p.m. to midnight.

THURSDAY

Korean language class — The Airmen support center's basic Korean language class runs from 5 - 7 p.m. at Bldg. 755, room 215.

This class includes reading and writing the Korean alphabet as well as basic travel expressions for shopping, dining and using off-base transportation. To register, call 782-5644 or 782-5627.

Orphanage visit — The Airmen's support center's weekly Korean orphanage outing leaves the military personnel flight parking lot at 6:15 p.m.

The weekly outings give base people a chance to interact with local Korean orphans. To register, call 782-3772.

Pinochle tournament — The Loring Club's pinochle tournament begins at 7 p.m. in the enlisted lounge

Dollar day — Bowl for \$1 per game at the Yellow Sea Bowling Center.

UP 'N' COMING

Transition assistance workshop — The Airmen support center holds its next three-day transition assistance program workshop Feb. 21 to 23.

The workshop helps prepare military members and their families to transition to civilian life. Topics include transferring skills to civilian jobs, job search strategies, resume writing, interview procedures and veterans' benefits. Reservations are required. For details, call the center at 782-5644.

Kunsan Idol — The Falcon Community Center hosts the beginning round of the 2006 Kunsan Idol competition Feb. 11. The theme is 1970s-era songs in karaoke style. All are welcome to sign up.

To submit events for 7-Days, send an e-mail to WolfPack@kunsan.af.mil. Submissions are due by noon Thursday one week prior to publication and must include time, date and location or the event and the contact's daytime phone number. For more information, call 782-4705.

AT THE MOVIES

"UNDERWORLD: EVOLUTION"

Rating: R for violence, gore, sexuality, nudity and language

Staring: Kate Beckinsale and Scott Speedman

Synopsis: A war emerges between the aristocratic Death Dealers and the barbaric



Lycans (werewolves), stemming from an ancient feud between the two tribes. Selene, the beautiful vampire heroine, and Michael, the lycan hybrid, try to unlock the secrets of their bloodlines. Their forbidden love takes them into the battle to end all wars as the immortals

must finally face their retribution. **Show times:** 7 and 9:30 p.m. today, 7 p.m. Saturday and 8:30 p.m. Sunday

"CASANOVA"

Rating: R for sexual content

Staring: Heath Ledger and Sienna Miller **Synopsis:** When Giacomo Casanova discovered Francesca Bruni, he met his ultimate

romantic match, succumbing to the only woman ever to refuse his charms — until he could prove himself to be the one man worthy of her romantic ideals. Not only a dashing rebel and wit, Casanova is also a vulnerable man who is chasing after love as Bishop



Pucci of the Inquisition chases after him. Caught up in a comic whirl of disguises. **Show times:** 9:30 p.m. Saturday and 6 p.m. Sunday

THE WAIT'S ALMOST OVER



WILL YOU BE NEXT?

9 P.M. FEB. 11 FALCON COMMUNITY CENTER

WOLF PACK WHEELS SCHEDULE

Kunsan AB to E-Mart shuttle

E-Mart to Kunsan AB shuttle

 $\begin{tabular}{ll} \begin{tabular}{ll} Weekends & Tickets are 5 (departs from in front of store) \\ 11~a.m.,~1,~3,~5~and~6:30~p.m. \\ \end{tabular}$

Kunsan AB to Osan shuttle

One-way for \$12.50 or \$11.50 and round trip for \$25 or \$23. Discount is for Airman morale program members (departs from community center) Monday to Thursday 7:30 a.m. and 1 p.m. Friday 7:30 a.m., 1 and 6 p.m. Saturday 7:30 and 10 a.m. Sunday 7:30 a.m. and noon

Osan to Kunsan AB shuttle

One-way for \$12.50 or \$11.50 and round trip for \$25 or \$23. Discount is for Airman morale program members(departs from Checkertails Cafe)

Monday to Thursday noon and 6 p.m.

Friday Saturday Sunday noon and 10 p.m. noon and 4 p.m. noon and 5 p.m.

Kunsan AB to Kunsan city shuttle One-way is \$3 and round trips for \$5 (departs from community center) Friday and Saturday 7 and 8 p.m.

Kunsan city to Kunsan AB shuttle
One-way is \$3 and round trips for \$5 (departs from Kentucky Fried Chicken)
Friday and Saturday 11 p.m. and midnight

Kunsan AB to Incheon Airport shuttle

 $\begin{array}{l} \$27.50 \text{ or } \$25 \text{ for Airman morale program members} \text{ (departs from community center)} \\ Available \ daily \quad 3:30 \ a.m., \ 2 \ and \ 6:30 \ p.m. \\ Incheon \ Airport \ to \ Kunsan \ AB \ shuttle \\ \$27.50 \ or \$25 \ for \ Airman \ morale \ program \ members \text{ (departs from gate 11)} \\ Available \ daily \quad 8:30 \ a.m., \ 7:30 \ and \ 11:30 \ p.m. \\ \end{array}$

For details on transportation, call the Falcon Community Center at 782-4619



Ms. Kim Sonkyong from the Airmen support center discusses the cultural importance of Jeonju City's Pungnammun Gate to Staff Sgt. David Reeves and Tech. Sgt. Scott Trotter, both from the 8th Comptroller



Under the guidance of their teacher, Sgt. Trotter and Tech. Sgt. Rhonda Wooten learn to make paper by hand at the Pan Asia Paper Museum.



The tour group samples Korean cuisine during a lunch stop

Jeonju City walking tour helps Airmen adjust to life in Korea

By Master Sgt. Brian Orban Wolf Pack public affairs

The chopsticks have Senior Airman Christian Delgado perplexed. Working to get a good grip with the metal utensils, he once again tries to pick up the piece of grilled beef off his plate. He almost succeeds this time but sighs as the elusive part of his lunch once again slips loose and plops back on his plate. Time to try again.

Airman Delgado is one of many members of the Wolf Pack who get an up-close view of the Korean lifestyle of nearby Jeonju City courtesy of monthly orientation tours offered by the Airmen support center.

This cultural "crash course" introduces military members to the Korean culture and shows them how to use the local bus system and get around this city without the need for a tour guide or interpreter.

The walking tour is one of several cultural outreach events hosted each month by the Airmen support center. After this daylong visit, members of the Wolf Pack have the basic information they need to return to this city at their leisure, according to Ms. Kim Sonkyong from the ACS here.

With a population of 630,000, Jeonju City is the largest city in Jeonbuk Province and offers the "big city environment" members of the Wolf Pack often seek during their tour of duty on the peninsula, said Ms. Kim, who normally leads the monthly orientations.

"I wanted the get a feel of Korea and the culture; you can't do that on base," said Tech. Sgt. Rhonda Wooten, who arrived at Kunsan in November and was one of five people on the January tour.

"I wanted to get out and around and see the city," added Airman Delgado, who took the trip just two days after arriving on the peninsula.

All tours begin at the bus stop located outside the base's main gate. Visitors start out by learning the rules and proper etiquette riding the city's bus system. At the Kunsan City bus terminal, they get a hands-on

lesson on buying bus tickets to Jeonju, which illustrates how they can also buy tickets to reach other major cities in Korea.

Due to the city's size, the tour group uses taxis to get to the main points of interest on the tour. After arriving at the city's main terminal, the Wolf Pack visitors are shuttled to the Pan Asia Paper Museum. The museum's exhibits chronicle the evolution of written language and includes more than 2,000 artifacts, including pieces of papyrus dating back to 1300 B.C. During the visit, guests have a chance to make their own sheets of paper using a combination of traditional and modern techniques.

The group then pauses for lunch at a Korean buffet restaurant where people sit on the floor and grill their meal at their table. It gives people a chance to sample a variety of marinated beef, pork and poultry in addition to dishes unique to Korea, including varieties of

After experiencing the Korean cuisine, the group walks to the Jeonju Hanok Village, which includes many historic buildings that preserve the ancestral culture of the region. The village tour begins at the Pungnammun Gate -- considered one of the most significant historical sites in the region.

Other featured attraction in the village include a cultural center, traditional craftworks exhibition hall, and the Jeonju Treasures Center. Visitors can also see some of the artifacts of the monarchs that ruled the region over the past several centuries.

The day-long orientation takes Kunsan visitors to the city's main business and shopping district where they will find several American-style restaurants, a variety of boutiques and shopping centers as well as the city's theater district and its six multi-plex movie houses.

Whether getting their first look at Korea or gaining more experience of touring the country, the ASC can help people adjust to life at the Wolf Pack.

They may even help people master those Korean chopsticks.

IF YOU CHOOSE **TO GO...**

The Airmen support center hosts its next walking tour of Jeonju City on Feb. 11, and reservations are required. Things people here should consider when they sign up include the following:

THE BASICS

■ Bring at least 25,000 won for bus and taxi fares, lunch and snacks. Consider bringing additional Korean currency if planning on buying souvenirs.

Arrive at the bus stop in front of the main gate on time, preferably 10 to 15 minutes early so the guide can take attendance. City buses stick to strict schedules because drivers can face stiff fines if they fall behind schedule.

BUS RULES

- Bus fare from the base to the Kunsan City bus terminal is 950 won, or approximately 95 cents in U.S. currency. It's best for travelers to carry exact change or two, 1,000 won bills since bus drivers can't give change for 5,000 or 10,000 won bills, and they don't accept American currency.
- After boarding, always walk to the rear of the bus and take a seat if available. Men are expected to give up their seats to elderly passengers.

GETTING TO JEONJU

■ Bus fare to and from Jeonju City is 4,000 won for each leg. Ticket machines in the bus terminal accept exact change as well as 5,000 and 10,000



- To buy a ticket, insert the correct change in the ticket machines and press the button
- Buses leave the bus terminal every five to 10 minutes to and from Jeonju City. The name of the city is posted in red letters in the front left windshield of each bus.
- The Jeoniu City bus makes two short stops before arriving at the main bus terminal in

WHILE IN JEONJU..

- To save on taxi fares, consider going as a group and split the fares
- If traveling without an interpreter have a list of phrases written in Honaul before leaving base. These phrases help taxi drivers take people to the right destinations.
- Wear comfortable walking shoes and dress for the
- The main bus terminal in Jeonju City has ticket counters versus machines to sell tickets. When returning to Kunsan City, tell the ticket agent your destination, in this case Kunsan City (correctly pronounced Gunsan City in Korean). If necessary, have a piece of paper handy that has the city's name written in the Korean language. source: Airmen support center